



NEOP Training

Local School Wellness Policy (LSWP)

Presented by:

**Katherine Hawksworth, Program Manager
California Project LEAN**

Agenda



- 8:30 – 9:00 am Sign-in
- 9:00 am – 9:15 am Welcome and Introductions
- 9:15 am – 9:30 am Activity: Agree or Disagree
- 9:30 am – 9:45 am Making the Case for School Wellness
- 9:45 am – 12 noon Background and Overview of Local School Wellness Policies
Healthy, Hunger-Free Kids Act of 2010 Requirements
CA/Smart Snacks in Schools
Activity: Review a local LSWP
- 12 noon – 12:30 pm Lunch on your own
- 12:30 pm – 1:45 pm Effectively Engaging Youth in LSWPs
- 1:45 pm – 2:00 pm Break
- 2:00 pm – 3:15 pm Effectively Engaging Parents in LSWPs
- 3:15 pm – 3:30 pm Q & A and Closing

California Project LEAN (CPL)



- **CPL is a program of the Public Health Institute (PHI)**
- **CPL works to advance better nutrition and physical activity policy and practices in schools and communities**
- **Efforts are centered on:**
 - Youth and parent empowerment approaches
 - Policy and environmental change strategies
 - Community-based solutions

Training Objectives



Participants will be able to:

- **Describe the purpose of the LSWP**
- **List at least two required LSWP components**
- **Effectively reach and work with parents and youth**

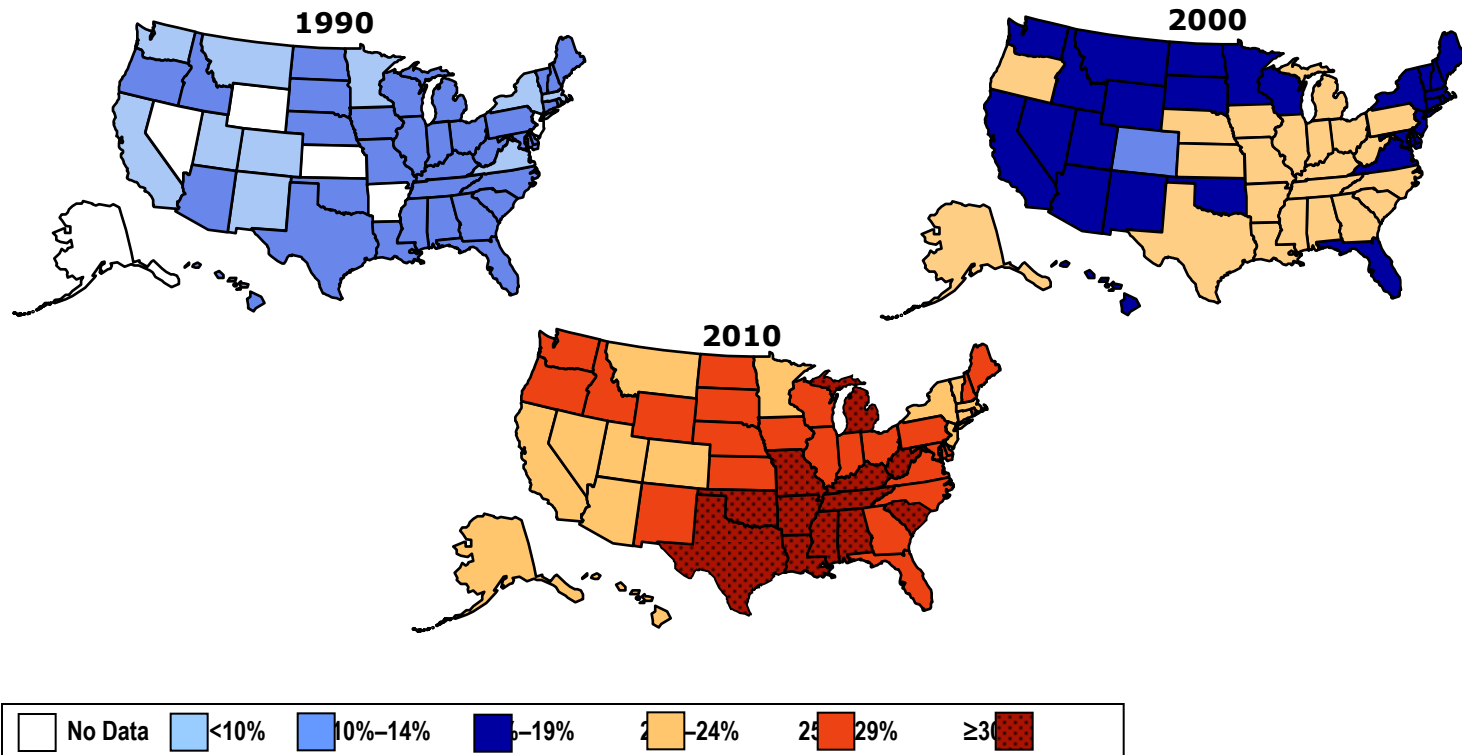
Activity: Agree or Disagree



Obesity Trends* Among U.S. Adults

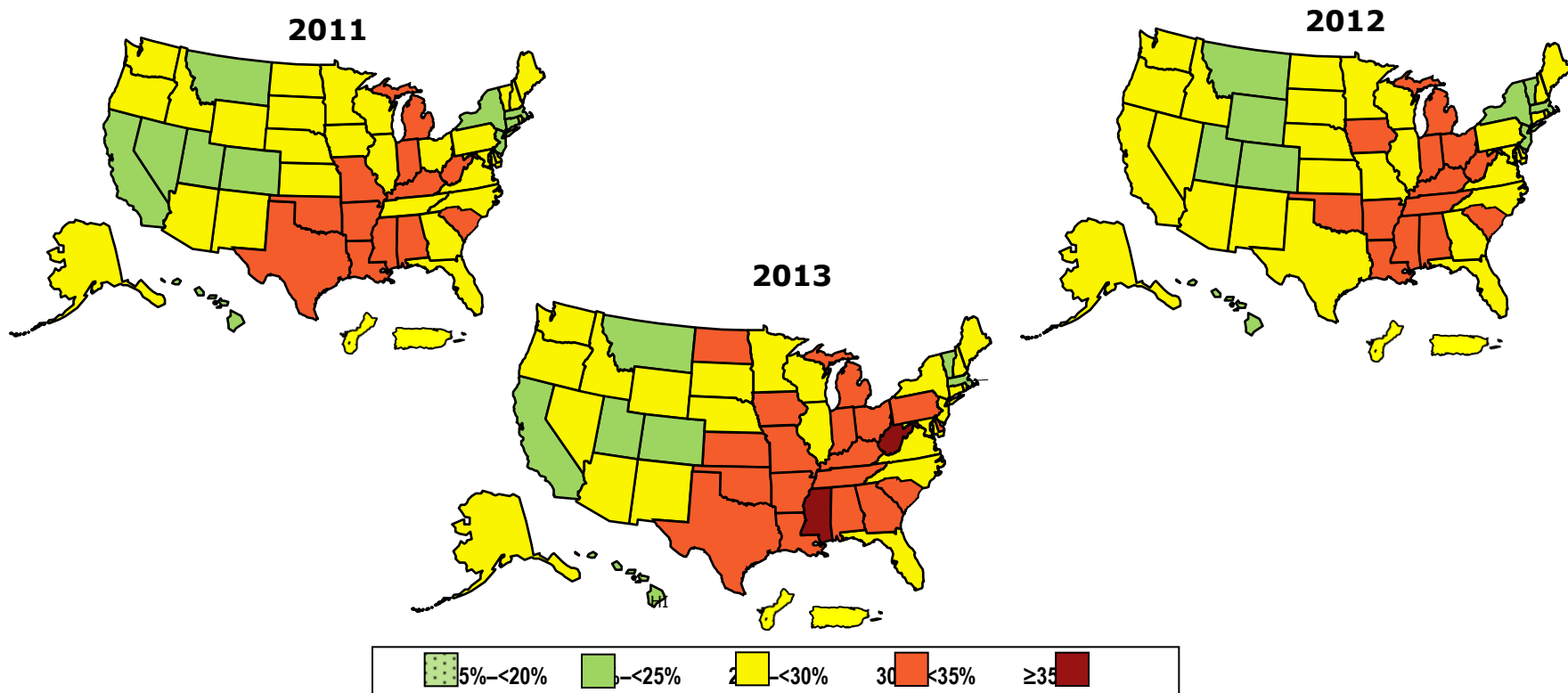
BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



California Statistics

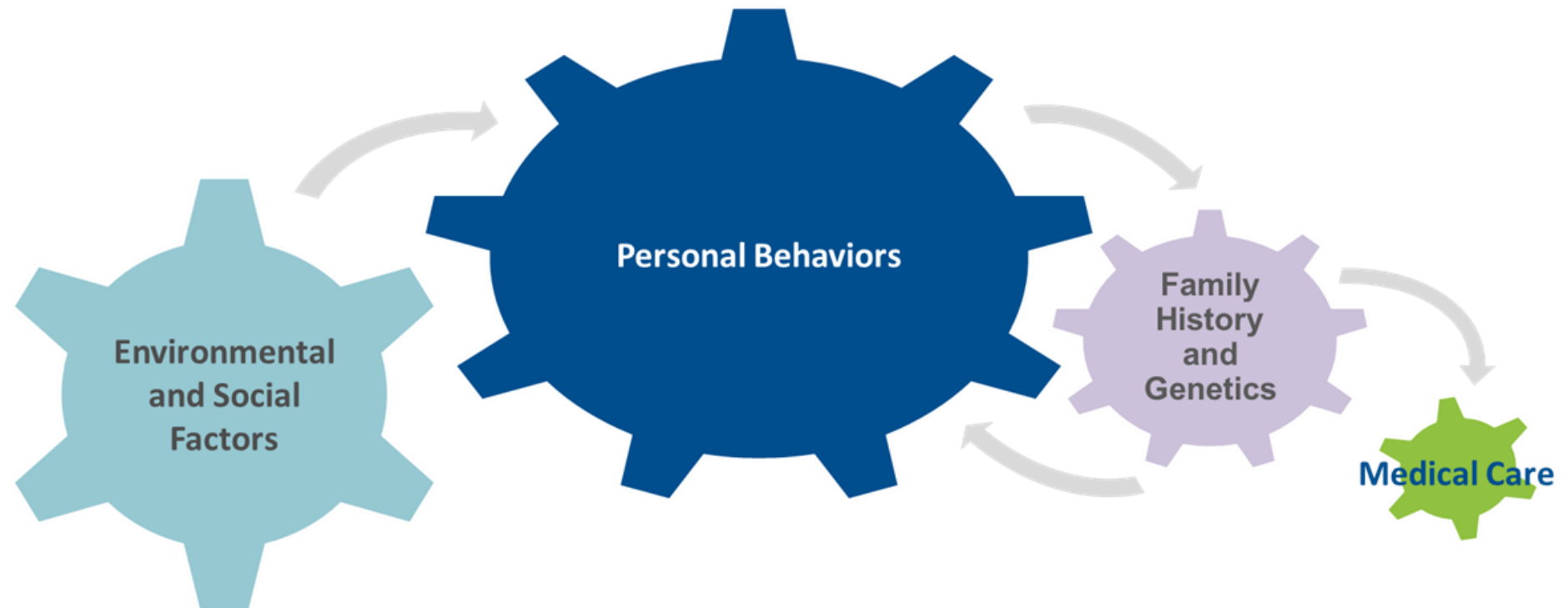


	5 th graders	7 th graders	9 th graders
African-American / Black	47.4%	46.9%	44.6%
American-Indian/ Alaska Native	51.2%	50.6%	46.5%
Asian	33.4%	29.1%	25.9%
Filipino	42.4%	37.6%	35.5%
Hispanic or Latino	55.1%	51.8%	48.2%
Native Hawaiian or Pacific Islander	57.4%	57.2%	53.1%
White	34.6%	33.3%	31.6%

CDE DataQuest accessed July 2014

It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.

Drivers of Health



Source: McGinnis et al, Health Affairs, 2002

IOM's APOP Report



Schools Play a Key Role in Wellness



CDC's Core Messages:

- **Healthy students are better learners**
- **Schools can influence eating and physical activity behaviors**
- **Healthy, successful students help build strong communities**
- **All students deserve the opportunity to be healthy and successful**

http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

Why a Policy?



A policy is a rule or set of rules that people must follow.

Why Policy?



Policy Works!

- **Child Restraint and Safety Belt Use**
- **Tobacco control**
- **Childhood Immunizations**
- **Reduced Lead Levels in Children**

California Nutrition Standards: FOOD



Elementary	Middle & High School
Not more than 175 calories	Not more than 250 calories

- Not more than **35%** of total calories from **fat**
- Not more than **10%** of total calories from **saturated fat**
- Not more than **35%** of total **weight** from **sugar** (natural and added)

California Nutrition Standards: BEVERAGES



- **Fruit and vegetable-based drinks**
- **Drinking water**
- **Milk products**
- **Electrolyte replacement beverages**

PA vs. PE: What is the Difference?

Physical Activity:

- Bodily Movement
- Rec'd for children 6 - 19 years old:
60 minutes daily of MVPA

Physical Education:

School-based instructional PA opportunity based on a planned, sequential K-12 curriculum

Improved PE/PA in Schools

=

More Fit Students

=

**Better Health, Academic
Achievement**

Local School Wellness Policy



Local school wellness policies are designed to promote student health and prevent and reduce childhood obesity.

LSWP: Requirements



- **Nutrition Guidelines for Campus**
- **Goals for:**
 - **Nutrition Education**
 - **Physical Activity**
- **Stakeholder Involvement**
- **Implementation/Notification**

Healthy, Hunger-Free Kids Act of 2010



- **Nutrition Guidelines for Campus**
 - **School Meals and After School Snacks and *After School Suppers***
 - **Competitive Foods and Beverages Sold**
 - ***Access to Free Drinking Water During Meal Times***
- **Nutrition Education, *Nutrition Promotion* and Physical Activity Goals**
 - **Other School Based Activities to Promote Wellness**

Healthy, Hunger-Free Kids Act of 2010 continued



- Involvement of Stakeholders in Development, *Implementation and Periodic Review and Update of Policy*
 - *Expands to physical education teachers and school health professionals*
- Implementation– Measure and *Make Available an Assessment of Implementation*
 - Designee for operational responsibility *to make sure each school complies*
- *Public Notification-Informing and Updating Public about Content and Implementation of Wellness Policy*

Smart Snacks in Schools



USDA's "All Foods Sold in Schools" Standards

- **Nutrition Standards for Foods**
- **Nutrition Standards for Beverages**
- **Other requirements:**
 - **Fundraising**

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

CA Smart Snacks in Schools



Smart Snacks in School

Work Together

Integrate

Blend

Mesh

Coordinate

In Conjunction



California Requirements

CA Smarts in Schools Continued



- **Begins July 1, 2014**
- **Covers all items sold by any entity from midnight through 30 minutes after school the school day.**
- **Items must meet standards for fat, saturated fat, sugar and calories.**
- **Different standards for elementary and secondary.**
- **Major changes: no sports drinks in middle school, and portion limits on all beverages at all grades.**
- **Online calculator for new standards will be available soon:**
www.californiaprojectlean.org

CA Smart Snacks in Schools (Food): ELEMENTARY



Before (SB 12)	Effective July 1 st , 2014
<ul style="list-style-type: none">• \leq 35% calories from fat• \leq 10% calories from saturated fat• \leq 35% sugar by weight• $<$ 0.5 grams trans fat per serving• \leq 175 calories per item/container	<ul style="list-style-type: none">• \leq 35% calories from fat• $<$ 10% calories from saturated fat• \leq 35% sugar by weight• $<$ 0.5 grams trans-fat per serving• \leq 175 calories per item/container (no exceptions)• \leq 200 milligrams sodium

CA Smart Snacks in Schools (Food): MIDDLE & HIGH



Before (SB 12)

- \leq 35% calories from fat
- \leq 10% calories from saturated fat
- \leq 35% sugar by weight
- $<$ 0.5 grams trans fat per serving
- \leq 250 calories per item/container

Effective July 1st, 2014

- \leq 35% calories from fat
- $<$ 10% calories from saturated fat
- \leq 35% sugar by weight
- $<$ 0.5 grams trans fat per serving
- \leq 200 calories per item/container
- \leq 230 milligrams sodium

CA Smart Snacks in Schools (Beverages):ELEMENTARY/MIDDLE



ELEMENTARY

Water:

- No added sweeteners
- No serving size

Fruit or Vegetable Juice:

- No added sweeteners
- 8 fl. Oz.

Milk/Non-Dairy Milk

- 1% (unflavored), nonfat (flavored, unflavored)
- 8 fl. Oz.

MIDDLE

Water:

- No added sweeteners
- No serving size

Fruit or Vegetable juice:

- $\geq 50\%$ juice and
- No added sweeteners
- ≤ 12 fl. oz. serving size

Milk/Non-Dairy Milk

- 1% (unflavored), nonfat (flavored, unflavored)
- 12 fl. Oz.

CA Smart Snacks in Schools (Beverages): HIGH



HIGH SCHOOL

Water:

- No added sweeteners
- No serving size

Fruit or Vegetable juice:

- \geq 50% juice and
- No added sweeteners
- \leq 12 fl. oz. serving size

Milk/Non-Dairy Milk

- 1% (unflavored), nonfat (flavored, unflavored)
- 12 fl. Oz.

Other Non-calorie Beverages:

- Water as first ingredient
- \leq 16.8 grams added sweetener/8 fl. oz.
- \leq 5 calories/8 fl. oz. (or \leq 10 cal/20 fl. oz.)
- No added caffeine
- \leq 20 fl. oz. serving size

Other Low-calorie Beverages

- Water as first ingredient
- \leq 16.8 grams added sweetener/8 fl. oz.
- \leq 40 calories/8 fl. oz.
- No added caffeine
- \leq 12 fl. oz. serving size

Nutrition Opportunities via the LSWP



- **Classroom Celebrations**
- **District/School Events**
- **Rewards**
- **Fundraising**
- **Others?**

Physical Activity Opportunities via the LSWP



- **Safe Routes To School**
- **Joint/Shared Use**
- **Classroom PA Opportunities**
- **Active Recess**
- **Physical Education (MVPA)**
- **Before, During, and After School**

ACTIVITY



Review a LSWP using WellSAT

LUNCH



**Who can help schools/districts
with their LSWPs?**

Engaging Youth in LSWPs



- **Youth Development and Engagement**
- **Strategies for working with Youth**

Youth Development



**Positive Youth Development
is not defined by the services a
program provides,
but how program staff
approach and value youth**

Competence

Confidence

Connections

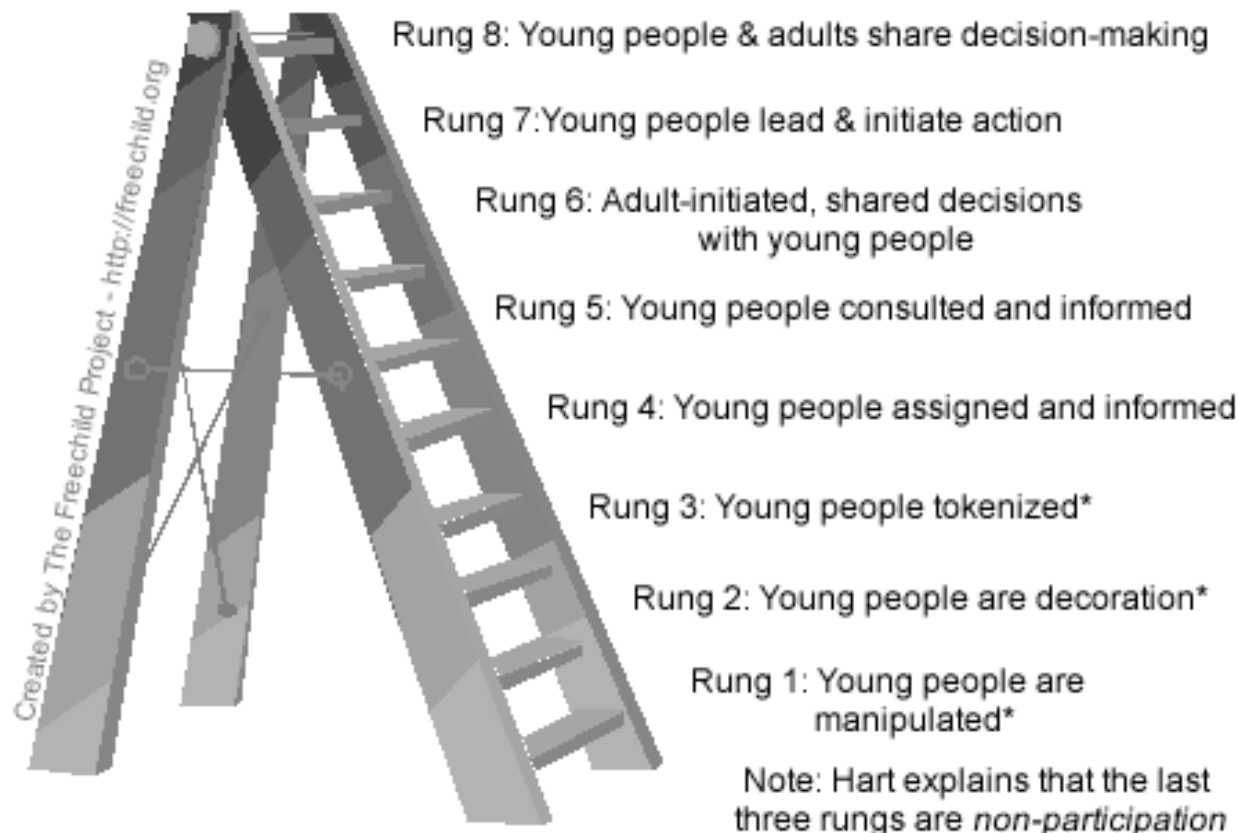
Character

Compassion

Contribution

Youth Participation

Roger Hart's Ladder of Young People's Participation



Adapted from Hart, R. (1992). *Children's Participation from Tokenism to Citizenship*.
Florence: UNICEF Innocenti Research Centre.

Youth Engagement



**Youth Engagement
requires youth and adults
to work side-by-side in
decision-making,
planning, and
development.**

Strategies to Engage Youth: Where to Start?



- **Recruitment**
- **Logistics**
- **Teamwork**

BREAK



What is Parent Engagement?



- **Parent engagement is...**
- **Parent engagement is not...**

Six Types of Parental Involvement



 Type 1	Parenting Assist families with parenting skills and setting home conditions to support children as students. Also, assist schools to better understand families.
 Type 2	Communicating Conduct effective communications from school-to-home and from home-to-school about school programs and student progress.
 Type 3	Volunteering Organize volunteers and audiences to support the school and students. Provide volunteer opportunities in various locations and at various times.
 Type 4	Learning at Home Involve families with their children on homework and other curriculum-related activities and decisions.
 Type 5	Decision Making Include families as participants in school decisions, and develop parent leaders and representatives.
 Type 6	Collaborating with the Community Coordinate resources and services from the community for families, students, and the school, and provide services to the community.

- Provide parent workshops
- Use a variety of communication methods
- Invite parent volunteers to lead lunch-time walks
- Ask parents to cook dinner and pack lunch together
- Include parents in decision making such as developing food and beverage guidelines
- Institute share/joint use agreements

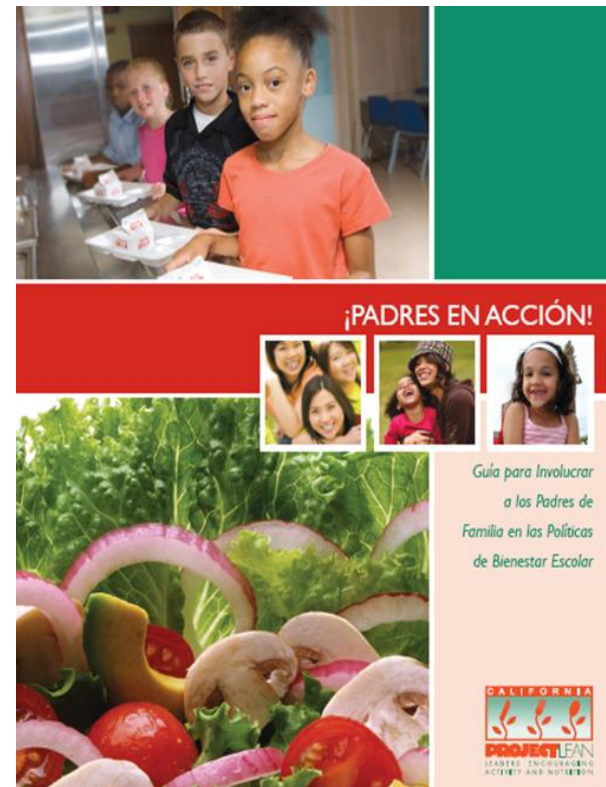
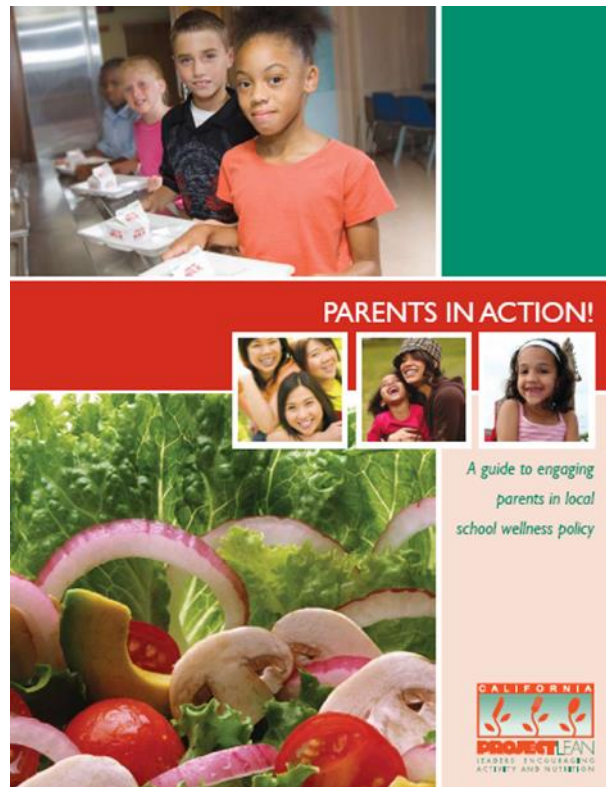
Benefits of Parent Engagement



Students:

- Better grades
- Attend school regularly
- Better social skills
- Graduate

CPL Resources



Engaging Parents



ENGAGING PARENTS

- **Background Information**
- **Strategies for Reaching Parents**
- **Addressing Barriers**
- **Identifying Parent Participation Opportunities**

ACTIVITY: Let's Reach Parents!



Goal

Be able to use information from local districts and the toolkit to develop strategies for reaching parents

ACTIVITY: Let's Reach Parents!



1. Summarize information from District Demographics as well as Reaching Parents activity sheet. (What jumped out or surprised you?)

2. Review Engaging Parents Section of the toolkit for ideas on strategies for reaching parents.

- What message might appeal to your parents?
- What avenues might you use to reach parents?
- How might you overcome anticipated barriers?

3. Prioritize the top 5 things you can do to reach and retain parents.

Parent Lesson Plans




Photo by Tim McHugh for H&M

PARENT LESSON PLANS: ADVOCATING FOR HEALTHIER SCHOOL ENVIRONMENTS






Photo by Tim McHugh for H&M



*A Companion Piece to
Parents in Action!
A Guide to Engaging
Parents in Local
School Wellness Policy*



CALIFORNIA
PERFECT LEAN
LEADERS ENCOURAGING
ACTIVITY AND NUTRITION




Photo by Tim McHugh for H&M

**LECCIONES PARA ¡PADRES EN ACCIÓN!
ABOGANDO POR AMBIENTES ESCOLARES SALUDABLES**



Photo by Tim McHugh for H&M



*Lecciones
complementarias para
¡Padres en Acción!
Guía para Involucrar
a los Padres de Familia
en las Políticas de
Bienestar Escolar*



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Parents and Youth Taking Action



Preparing Parents for Action

Lesson 6: Parents Taking Action in Schools

Step 1 Pick a Problem and Find a Solution

Step 2 Identify the Policy Players

Step 3 Build Your Action Plan

Step 4 Evaluate How Your Group is Doing

Parents and Youth Taking Action continued



When picking the final problem and solution, consider:

- **What will be different if we succeed?**
- **Which idea will help the most people?**
- **Which idea will make a lot of people healthier?**
- **Which idea has the best chance of working?**
- **Which idea will be the cheapest?**
- **Which idea can be done the quickest?**
- **Which idea do we like the best?**

ACTIVITY: Parents and Youth Taking Action! 4-Step Process



Summarize what the LSWP says about [Your Topic]	What is currently happening on campus regarding [Your Topic]?
1. Pick a Problem and Solution 2. Identify the policy players	3. Build an Action Plan 4. Evaluate

ACTIVITY: Parents (and Youth) Taking Action! 4-Step Process



Group	Problem
1	<i>Problem:</i> Breakfast participation rates are low
2	<i>Problem:</i> Students are offered too many sugary drinks during classroom celebrations
3	<i>Problem:</i> Recess is taken away for misbehavior
4	<i>Problem:</i> Too much traffic at school during drop off and pick up
5	<i>Problem:</i> Students are not getting enough physical activity during their physical education class

Q & A



Thank you!



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